

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2013

Brunswick Senior Center

12 East "A" Street Brunswick, MD 21716 301-834-8115

10:30 Video Exercise

Center Hours
Monday, Wednesday, Thursday & Friday 8:30-4:00
Closed Tuesdays

<p>National Red Cross Month</p> <p>3</p>	<p>10:30 Video Exercise</p> <p>4</p> <p>11:00 Wii</p> <p>11:30 Junk Drawer Det.</p>	<p>9:00 Strength Training</p> <p>5</p> <p>CENTER CLOSED</p>	<p>OREO Cookie Day</p> <p>11:00 Pop-Up Card Craft</p> <p>12:45 "Soupy" Bingo</p> <p>6</p>	<p>9:00 Strength Tr.</p> <p>7</p> <p><u>What's in a name? Day</u></p> <p>11:00 Food Safety in the home w/Kitty</p>	<p>Wal-Mart Shopping Trip</p> <p>10:00 - 3:00</p> <p>8</p>	<p>Department of Aging trips</p> <p><u>March 15</u></p> <p>National Building Museum</p>
<p>Don't forget to "Spring" forward. Set your clocks up 1 hour & check your smoke detector batteries</p> <p>10</p> <p><small>Daylight Saving Time Begins</small></p>	<p>10:30 Video Exercise</p> <p>11</p> <p>11:00 Wii Bowling</p> <p>11:30 Trivia</p>	<p>9:00 Strength Training</p> <p>12</p> <p>CENTER CLOSED</p>	<p>11:00 "Ask Nurse Steve"</p> <p>13</p> <p>Is Frail really a diagnosis?</p> <p>12:45 "Green" Bingo</p>	<p>9:00 Strength Tr.</p> <p>14</p> <p>Special Meal Goin' Green-Irish music, trivia, Rainbow cupcake Find the pot 'o</p>	<p>10:30 Video Exercise</p> <p>15</p> <p>Did you get your Wii games in?</p>	<p><u>March 22</u></p> <p>Discovery Station & Aviation Exhibit</p>
<p>St. Patrick's Day</p> <p>17</p> <p><small>St. Patrick's Day</small></p>	<p>10:30 Video Exercise</p> <p>18</p> <p>11:00 Wii</p> <p>11:30 Junk Drawer Det.</p>	<p>9:00 Strength Training</p> <p>19</p> <p>CENTER CLOSED</p>	<p>11:00 Lunch out with Friends</p> <p>20</p> <p>1:00 BINGO at Brunswick House</p> <p><small>Spring Begins</small></p>	<p>9:00 Strength Training</p> <p>21</p> <p>11:00 Crochet</p> <p>6:00 Dinner & Dance</p>	<p>10:00 Mobile Information & Assistance</p> <p>22</p> <p>10:30 Video Exercise</p>	<p>Get a complete list of up upcoming trips at the senior center</p>
<p>Final week for Guys vs Dolls Wii Bowling Competition~Don't forget to get scores in!</p> <p>24</p> <p><small>Palm Sunday</small></p>	<p>10:30 Video Exercise</p> <p>25</p> <p>11:00 Wii Bowling</p> <p>11:30 Trivia</p>	<p>9:00 Strength Training</p> <p>26</p> <p>CENTER CLOSED</p> <p><small>Passover</small></p>	<p>Spring Luncheon Brunswick City Park 11:00 - 2:00</p> <p>27</p>	<p>9:00 Strength Training</p> <p>28</p> <p>11:00 Crochet group</p>	<p>10:30 Video Exercise</p> <p>29</p> <p><small>Good Friday</small></p>	<p>30</p>

Brunswick Senior Center Where everyone is someone"

Easter Sunday

Spring Luncheon & Bingo 11:00 - 2:00

Brunswick City Park Wednesday March 27

Musical Entertainment by: Doug Phebus 11:00 am

Menu: Chicken Rice Soup, Smoked Turkey & Cheese sandwich, Cole Slaw, Applesauce, Orange juice, Iced Tea & Coffee

Reservations by Monday March 25

Bring in 2 BINGO prizes

Email: brunswickseniorcenter@frederickcountymd.gov

County website: frederickcountymd.gov

